

 **How To Cook 4  3 Pizzas with flour of Wheat, Potato and Milk**

eDitorial work N°23
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ETOILE

(You can watch this recipe in video on **eManation**)

Let's go !



HOW ?

🔥 ACTION ONE (8XP) - Prepare the pizza dough :

- 🏃 Step 1 (1XP) Prepare yeast with sugar (4 g) and water with salt (8 g) (Page 9)
- 🏃 Step 2 (1,5XP) Mix the ingredients with the flour (Page 12)
- 🏃 Step 3 (5XP) Work the dough a pizza (Wash your hands regularly while you work the pizza dough) (Page 15)
- 🏃 Step 4 (0,5XP) Let the dough rest (🌡️ The temperature of the room must not be a cold temperature) (Page 18)

🔥 ACTION TWO (4XP) - Preparation and cooking of the sauce :

- 🏃 Step 5 (1XP) You can use powdered garlic and basil dry (Page 22)
- 🏃 Step 6 (3XP) Stir the sauce regularly (Page 26)

⚠ Remove the garlic clove before filling the pizzas

⚠ Think of putting the sauce at 🌡️ low temperature

🔥 ACTION THREE (13XP) (8XP #Optional) (5XP) - Prepare and cook the pizzas :

🏃 Step 7 (0,5XP) 🍖 To preheat the oven (Page 30)

🏃 Step 8 (1XP) Beginning of Pizza Preparation (Page 32)

🏃 Step 9 (2XP) (Page 33)

🏃 Step 10 (1XP) (Page 35)

🏃 Step 11 (0,5XP) 🍖 Bake 10 - 15 Minutes (Page 37)

🏃 Step 12 (4XP) Pizza 2 (#Optional) (Page 40)

🏃 Step 13 (4XP) Pizza 3 (#Optional) (Page 43)

🏆 Difficulty : Easy (Level 2)

🎓 Skills : No special skills

👑 Senses : 👀 Vision 🖐 To Touch 🎭 Proprioception 🕹 Equilibrioception 🌟 Smell 🔥 Thermoception 🥤 Taste

⚡ Intelligences : 🎭 Kinesthetic Body Intelligence

12
34 Intelligence Logic Mathematics

💡 Imagination

🔨 Tools :

⚒ A Pan

⚒ A wooden spoon (Wood is not necessarily required)

⚒ A lid

- ⚒ A large bowl
- ⚒ Three cups (#Optional)
- ⚒ A blanket
- ⚒ A towel (To cover the dough)
- ⚒ A spoon
- ⚒ A bowl
- ⚒ Pitcher (#Optional) (Water)
- ⚒ Large pizza plate
- ⚒ Electric oven
- ⚒ Plastic spatula
- ⚒ One knife
- ⚒ You can add parchment paper if the top begins to overcook (#Optional)

⚠ Divide by three to get the recipe for a single pizza

 Ingredients ( Recipe) : Pizza Dough (3 Pizzas)

-  Potato and Milk Flour (Gran Mugnaio Molino Spadoni coi fiocchi)  (825 g) ( 2838 Calories) (+25g #Optional - Use during paste preparation to avoid sticking)
-  Water  (0,400 L) (Dough) ( 0 Calories)

 Lukewarm Water  (0,250 L) (For Yeast) (0 Calories)

 Lukewarm Water  (0,200 L) (For Salt) (0 Calories)

 Fresh Baker Yeast [Extra AB Mauri]  (25g) (26 Calories)

 Salt  (8g) (26 Calories)

 Sugar  (4g) (0 Calories)

 Ingredients ( Recipe): Sauce (3 Pizzas)

 Olive Oil  (0,09L) (9g) (81 Calories)

 Tomato Concentrate  (4g) (3 Calories) #Optional

 Garlic  (A Clove) (6g) (6 Calories)

 Tomato Sauce [Luisa, Italian Peeled Tomatoes in Tomato Juice]  (0,800L) (134 Calories) (You can use fresh tomatoes instead)

 Basil  (4 Leaves) (8 Calories)

 Oregano  (4g) (10 Calories)

 Pepper  (1g) (3 Calories)

 Salt  (3g) (0 Calories)

 Mix the pepper, the salt ... etc According to your taste

 Chop basil and oregano if it's not the case

Ingredients (Recipe) : 3 Pizzas (Divided by three for a Pizza)

-  Sunflower Oil  (0,030L) (265 Calories)
-  Gorgonzola (Gorgonzola Carrefour)  (150g) (530 Calories)
-  Goat Cheese (Les croisés Sainte Marie)  (300g) (480 Calories)
-  Black Olive without core (Tranier Black Olive (without core))  (21) (107 Calories)
-  Mozzarella (Galbani Mozzarella Cucina)  (400g) (1040 Calories)
-  Ham (Carrefour top ham without rind)  (80g = 1 Pizza) (208 Calories) (x3 = 624 Calories) #Optional

 Consider nutrient intake of ingredients and of calories.

WHAT ?

 How to Cook {4} Step by Step

 : 3 Pizzas with flour of Wheat, Potato and Milk

 : Pizza

 : Main Meal Galaxy

 : Cooking Universe 

 Type : Cooking a Pizza

 Style : Cook a Pizza (Flour of Wheat, Potato and Milk)

 Language : International (UK description and steps in English, but comprehensible by the whole world)

HOW MUCH ?

 13 Steps

 3 Actions

✓ (25XP 3Pizzas) (8XP #Optional) (17XP 1 Pizza)

 Need 15 Tools (3 #Optional)

 Need 19 Ingredients (2 #Optional)

 **5765 Calories (About) : For One Pizza = 1922 Calories**

 **Dosage (Weight) (About) : (3 Pizzas - 2542g) 1 Pizza = 847g {Ingredients gross weight} (The weight changes completely once finished)**

 **Temperature Cooking : (Preheating 270°C - 518°F) - (Bake 240°C - 464°F)**

 **Cooking Time : 10 - 15 Minutes (About)**

 **How many People : 3 Pizzas - 3-5 Persons (Main meal)**

 **Preparation Time : 3 Hours Minimum - 24 Hours Maximum**

 **7 Senses**

 **3 Intelligences**

WHO ?

 **Cook by Carmen !!**

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?

WHY ?

Learn how to cook 3 Pizzas with flour of Wheat, Potato and Milk

?

WHERE ?

Pontault Combault ( France)

?

WHEN ?

29 September 2017

 Duration : 3 Hours Minimum (Not advisor) ~ 24 Hours Maximum

⚠ The duration depends on the performance and tools used by the author.

That is why this is indicated from the minimum to the maximum.

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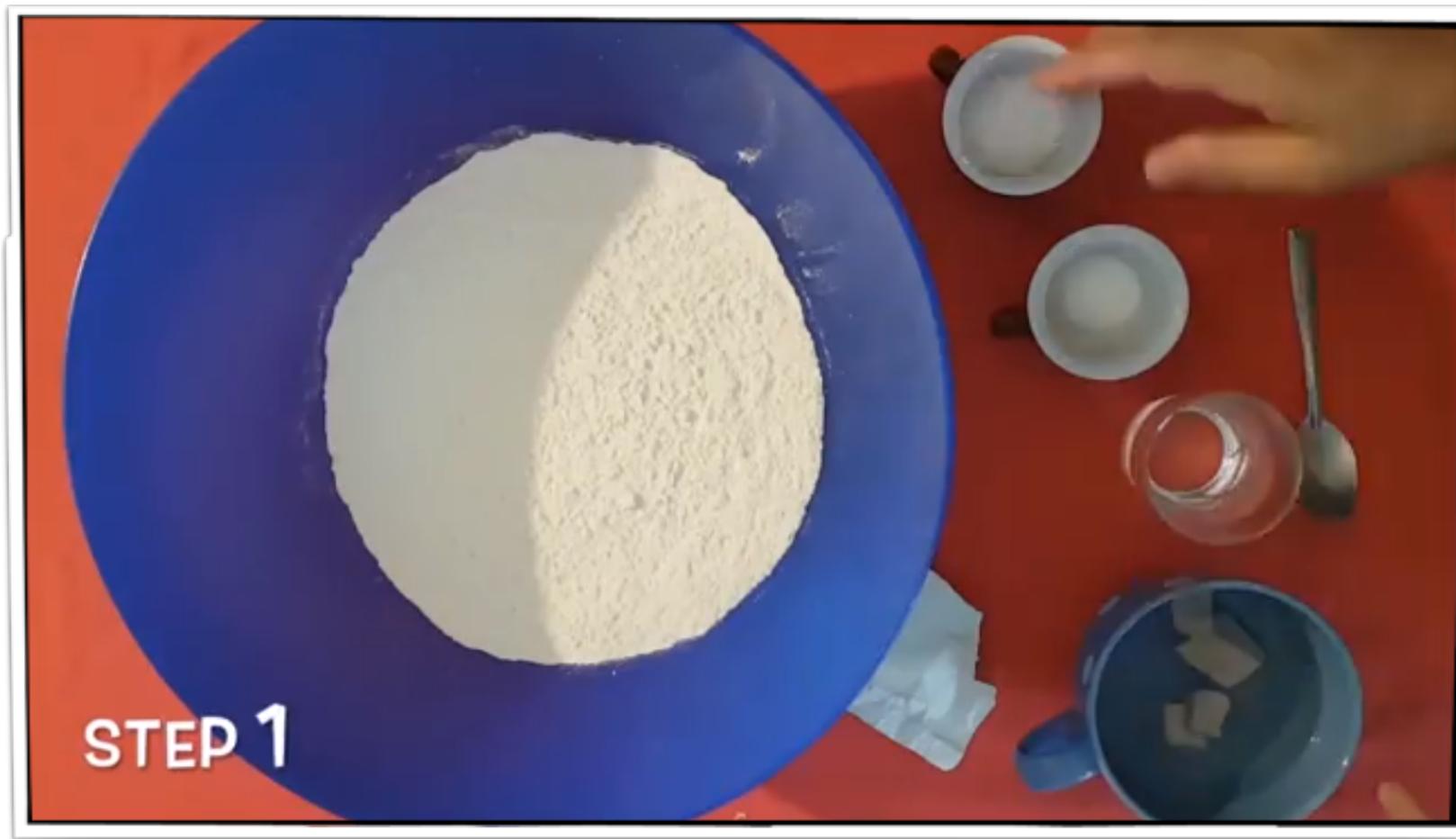
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✉ Contact : emaginationcontact@gmail.com

💡 HOW ?

🔥 ACTION ONE (2,5XP)

🏃 **Step 1 (1XP)** : Prepare yeast with sugar (4 g) and water with salt (8 g)



**Fresh Yeast
Lukewarm Water
Sugar**

STEP 1

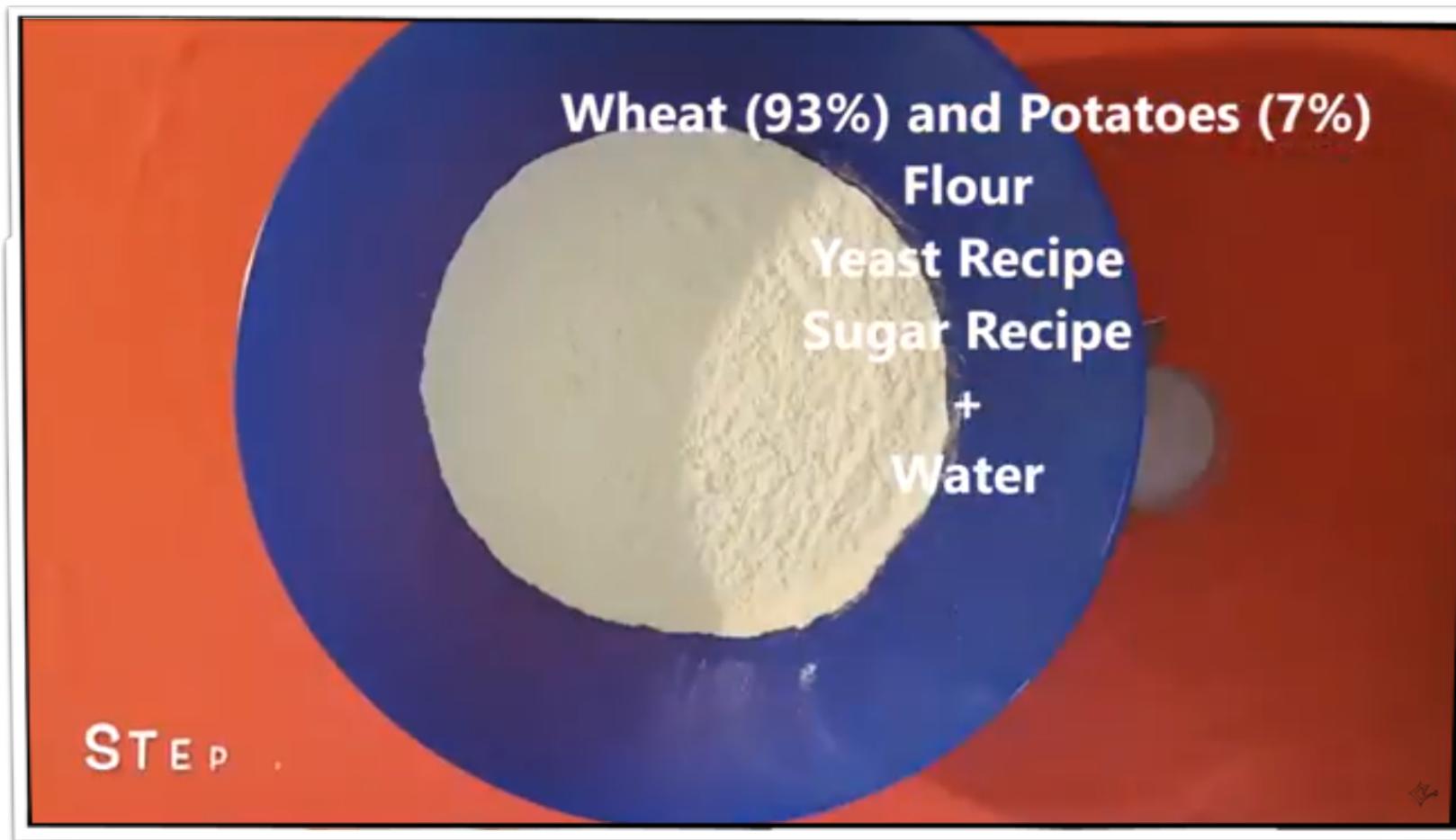


STEP 1

**Lukewarm Water
Salt**



🏃 Step 2 (1,5XP) : Mix the ingredients with the flour

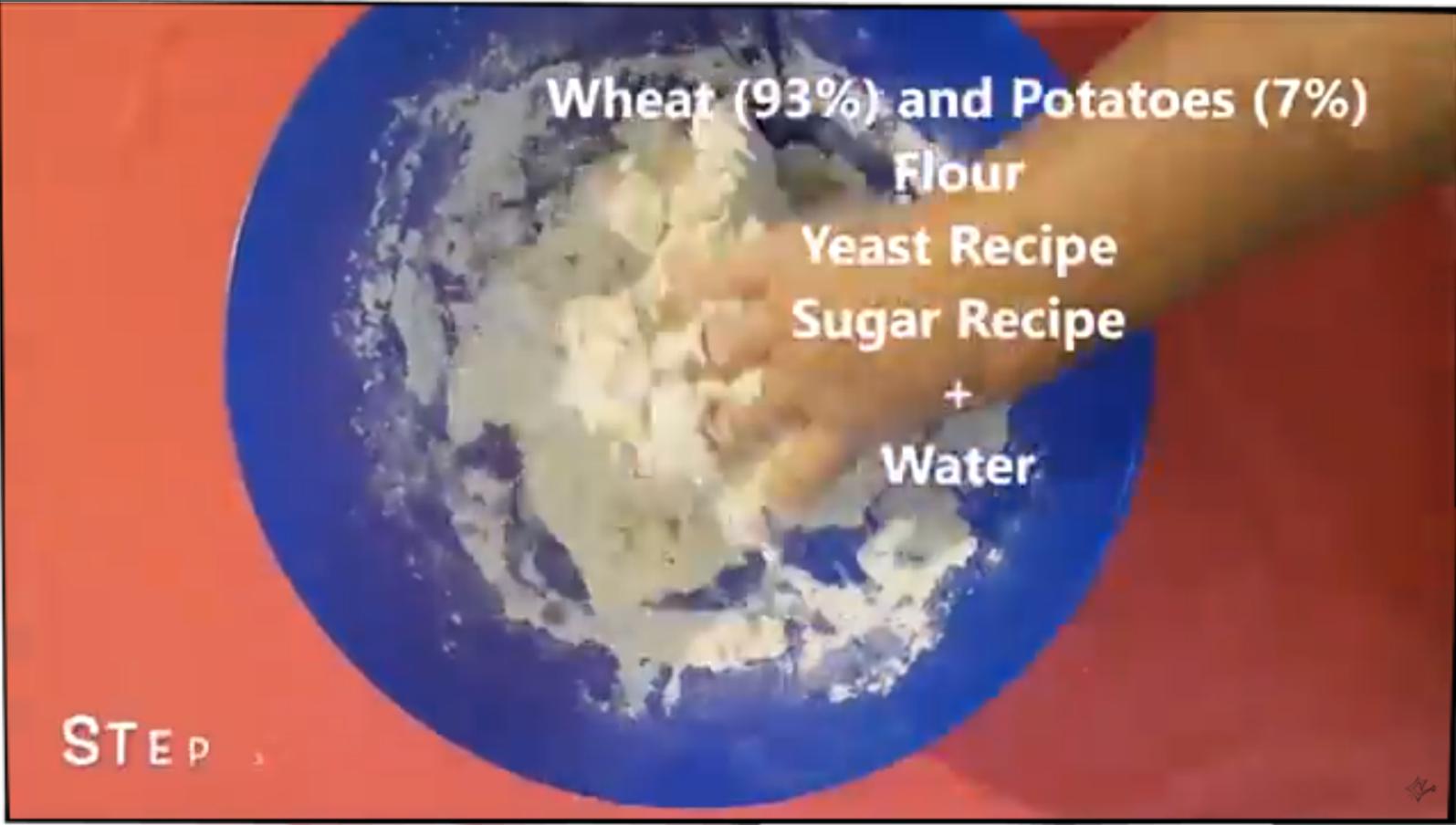


STEP 2

Wheat (93%) and Potatoes (7%)
Flour
Yeast Recipe
Sugar Recipe
+
Water



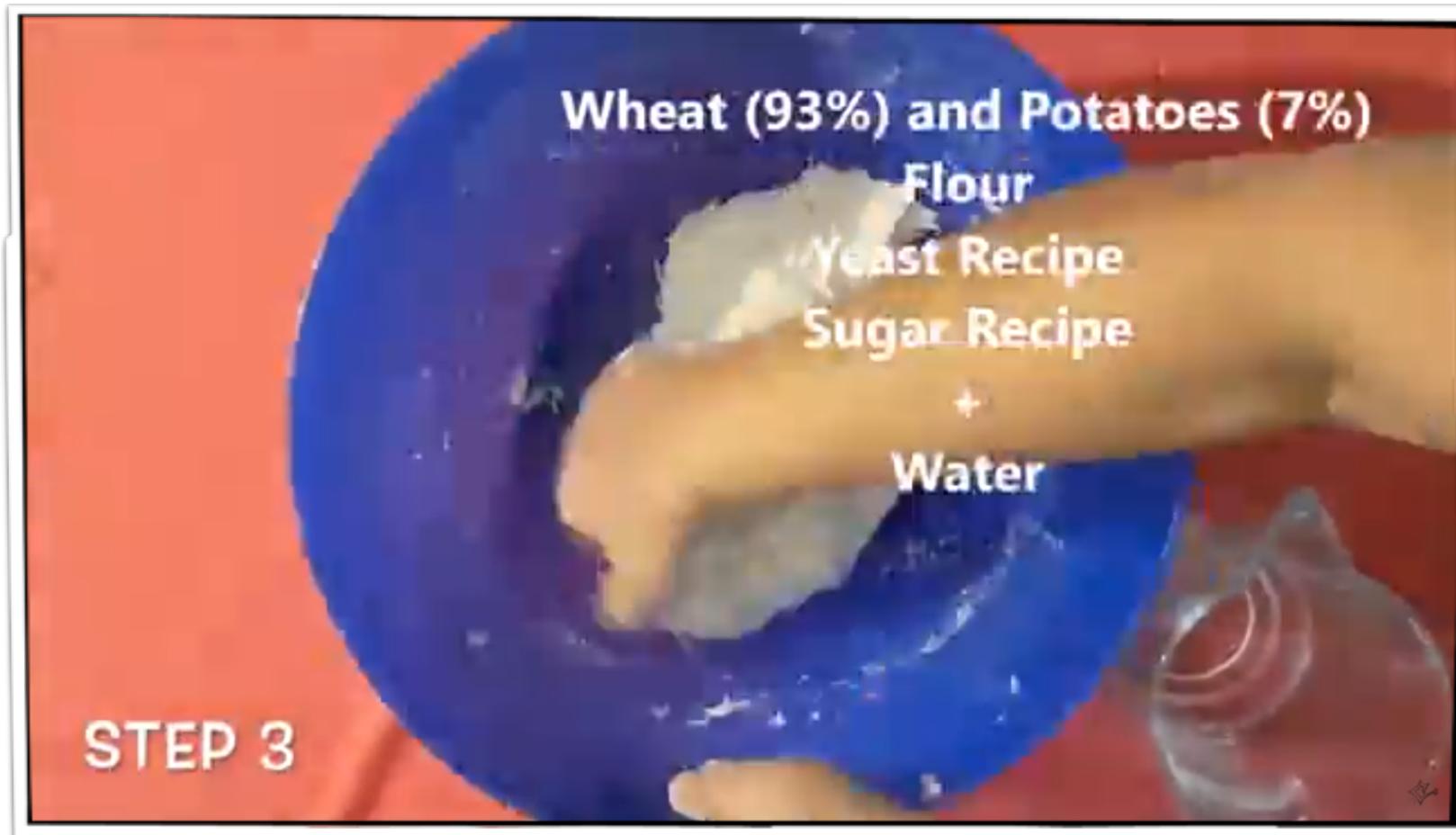
STEP



Wheat (93%) and Potatoes (7%)
Flour
Yeast Recipe
Sugar Recipe
+
Water

🔥 ACTION TWO (5,5XP) (Preparation) : Prepare the pizza dough

🏃 Step 3 (5XP) : Work the dough a pizza (Wash your hands regularly while you work the pizza dough)





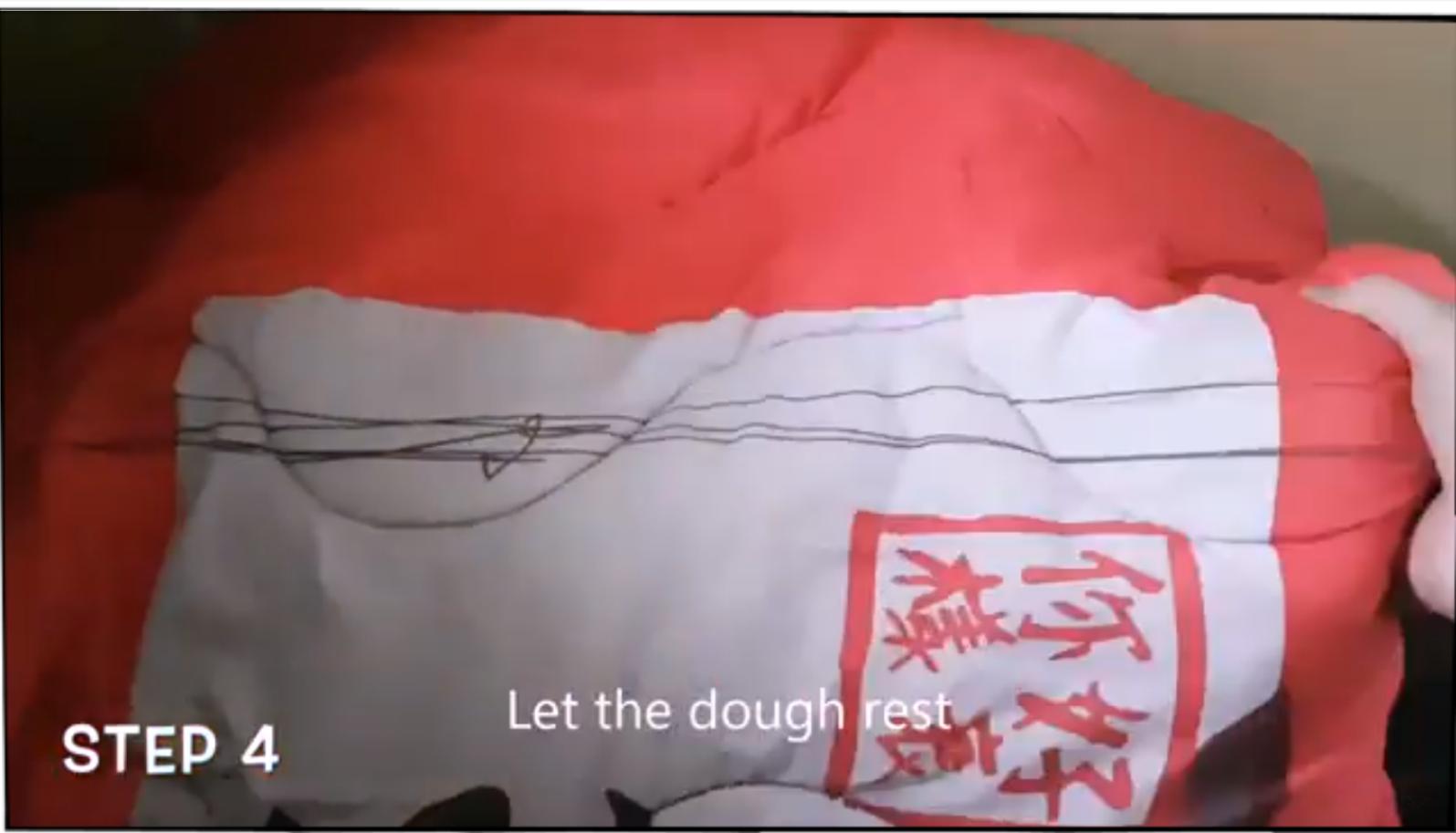
STEP 3



STEP 3

🏃 Step 4 (0,5XP) : Let the dough rest (The temperature of the room must not be a cold temperature)





STEP 4

Let the dough rest

STEP 4

Let the dough rest



STEP 4

Let the dough rest



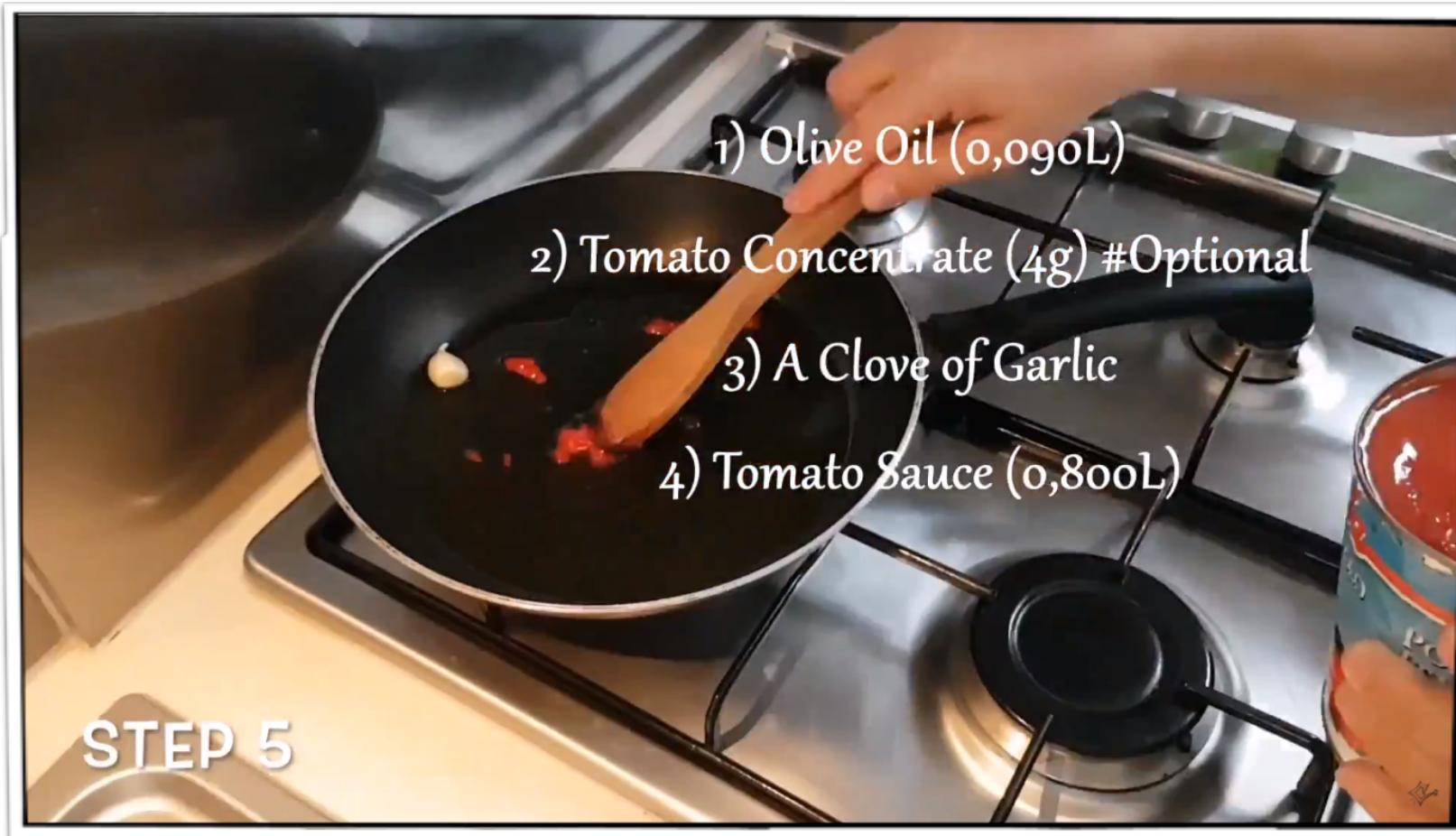
🔥 **ACTION TWO (4XP) - Preparation and cooking of the sauce :**

🏃 **Step 5 (1XP)** You can use powdered garlic and basil dry



How To Cock Pizza Sauce







🏃 Step 6 (3XP) Stir the sauce regularly



⚠ Remove the garlic clove before filling the pizzas

⚠ Think of putting the sauce at  low temperature







🔥 ACTION THREE

(13XP) (8XP)

#Optional) (5XP) -
Prepare and cook the
pizzas :

🏃 Step 7 (0.5XP)

🌡 To preheat the oven





STEP 7

(Heat everywhere)



STEP 7

(Heat everywhere)

🏃 Step 8
(1XP)
Beginning
of Pizza

Preparation

STEP 8

sunflower oil (0,010L)



🏃 Step 9 (2XP)





STEP 9

🏃 Step 10 (1XP)



1) Pizza Dough

2) Sauce

3) Gorgonzola

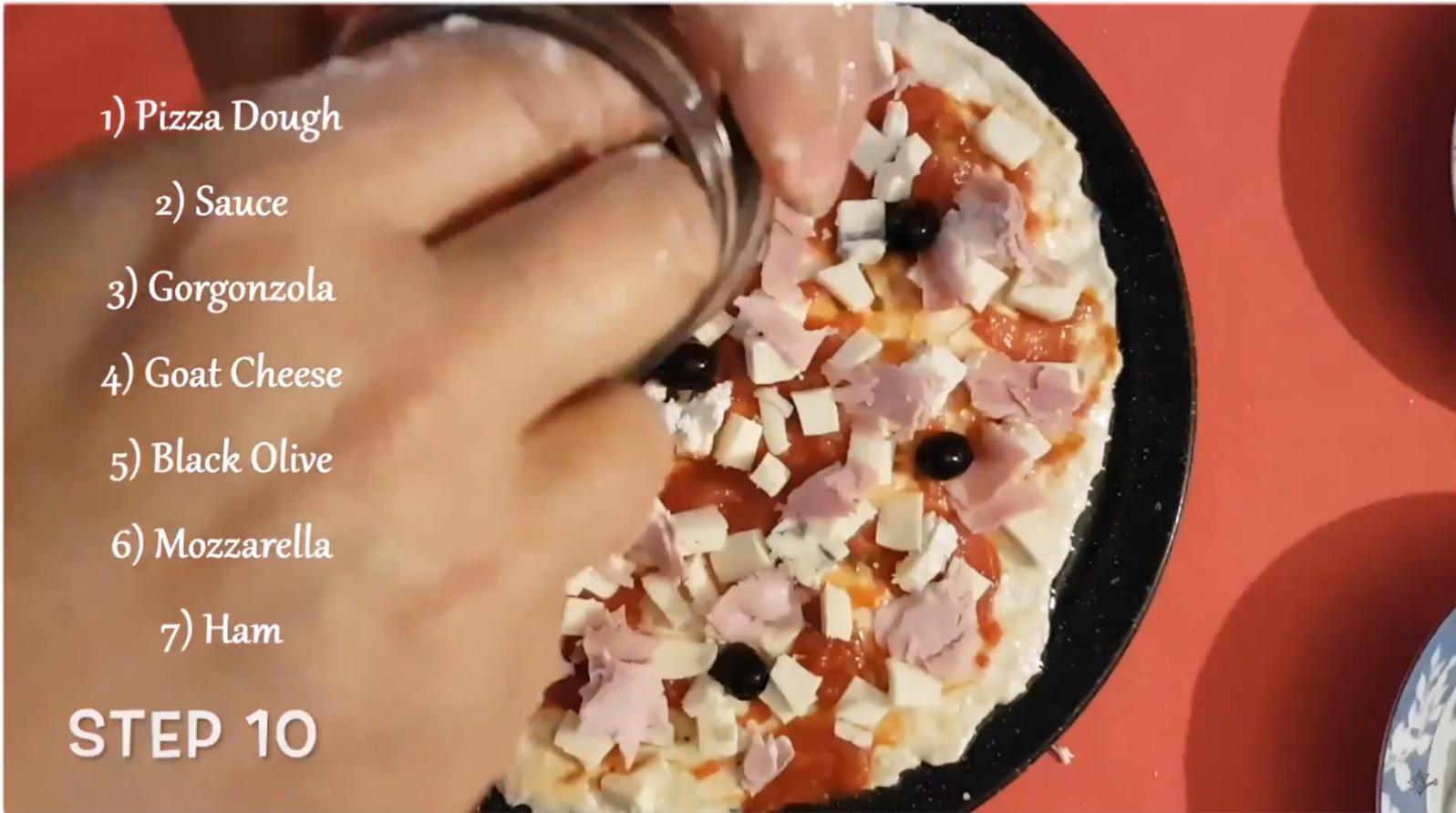
4) Goat Cheese

5) Black Olive

6) Mozzarella

7) Ham

STEP 10



🏃 Step 11 (0,5XP) 🌡

Bake 10 - 15 Minutes







 **Step 12**
(4XP) Pizza 2

(#Optional)







🏃 Step 13 (4XP)

Pizza 3 (#Optional)









